



Fresh Salmon Salad



Gluten Free



Dairy Free

READY IN



54 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound salmon fillet cut in half
- ☐ 0.5 teaspoon sea salt (for the rub)
- ☐ 4 cups water
- ☐ 1.5 teaspoons sea salt (for the poaching liquid)
- ☐ 1 optional: lemon
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon olive oil extra virgin
- ☐ 2 celery stalks finely chopped

- ☐ 0.5 onion red peeled finely sliced
- ☐ 1 tablespoon capers (strain out the pickling juice)
- ☐ 1 teaspoon lemon zest
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 0.1 teaspoon pepper black freshly ground

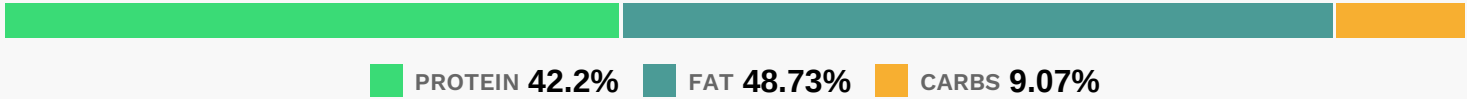
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Prep the salmon fillets: Rub the salmon fillets all over with 1/2 teaspoon salt. Chill for 30 minutes in the refrigerator while you prep the other ingredients.
- ☐ Combine celery, red onion, capers, lemon zest and juice, dill, olive oil, black pepper in a large bowl. Set aside for the flavors to blend.
- ☐ Poach the salmon: Put 4 cups water, 1 1/2 teaspoons salt, and a slice of lemon in a pot wide enough to hold the salmon. Bring to a boil and simmer for about 5 minutes.
- ☐ Add the salmon to the pot. Return to a simmer and cook for 4 minutes at a bare simmer.
- ☐ Cool and break up the salmon: When the salmon is just cooked through, remove it from poaching liquid and put it in a bowl.
- ☐ Drizzle with a teaspoon of olive oil and a teaspoon of lemon juice. Once it has cooled to touch, break the salmon gently into chunks.
- ☐ Add the salmon to the bowl with the celery, onions, and capers. Gently toss to combine.
- ☐ Serve as is, or over mixed greens or butter lettuce.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:18.09999989945%

Flavonoids

Eriodictyol: 6.38mg, Eriodictyol: 6.38mg, Eriodictyol: 6.38mg, Eriodictyol: 6.38mg Hesperetin: 9.34mg, Hesperetin: 9.34mg, Hesperetin: 9.34mg, Hesperetin: 9.34mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 218.1kcal (10.91%), Fat: 11.84g (18.22%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 3.76g (1.37%), Sugar: 1.63g (1.81%), Cholesterol: 62.37mg (20.79%), Sodium: 1282.91mg (55.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.07g (46.14%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.62µg (59.46%), Vitamin B6: 0.97mg (48.74%), Vitamin B3: 8.99mg (44.96%), Vitamin B2: 0.45mg (26.29%), Vitamin C: 21.13mg (25.61%), Phosphorus: 237.07mg (23.71%), Vitamin B5: 1.98mg (19.8%), Vitamin B1: 0.28mg (18.51%), Potassium: 635.25mg (18.15%), Copper: 0.35mg (17.47%), Magnesium: 40.74mg (10.18%), Folate: 37.99µg (9.5%), Iron: 1.2mg (6.69%), Zinc: 0.81mg (5.41%), Vitamin E: 0.73mg (4.9%), Fiber: 1.2g (4.79%), Vitamin K: 3.94µg (3.76%), Calcium: 35.37mg (3.54%), Manganese: 0.06mg (3.13%), Vitamin A: 80.09IU (1.6%)